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The news and Top 40 hits
plus Airman 1st Class Courtney Dyer

News Briefs

Submitting briefs

The deadline to submit news briefs is 10 days before the desired publication date. E-mail basic information, including who, what, when, where and how, to publicity@spangdahlem.af.mil. Call the Eifel Times office at 452-5244 for more information.

Corrections

In the March 7 edition of the Eifel Times, the 52nd Operations Squadron heading in the "Eifel Salutes" should have read 52nd Operations Group. The stand-alone photo, "STEP in Up," on Page 4 was taken by Staff Sgt. Tim Cook.

Accidents

Eleven Team Eifel members experienced vehicle accidents in the past week, one of which was major.

The first was on L-46 in the vicinity of Trier. An airman stated that as he was driving toward Trier, he lost control of the car and landed in a ditch. There were no injuries.

The 10 minor accidents involved:

- Five from inattentive driving.
- One wildlife encounter.
- Four from backing.

In addition, 68 citations were issued. (Courtesy of John W. Keeler, 52nd Security Forces Squadron Reports and Analysis chief)

CGOC events

The Spangdahlem AB Company-Grade Officer's Council lunch-and-learn session takes place Tuesday at 11:30 a.m. The council meets Thursday at 4 p.m. at the Bitburg Brewery for a tour. Call Capt. Eduardo Quero at 452-6162 for more information.

IEE closure

The 52nd Logistics Readiness Squadron Individual Equipment Element closes Monday through March 21 for inventory. Call Tech. Sgt. Ryan Helfenstein at 452-6836 for more information.

Housing office move

The 52nd Civil Engineer Squadron Housing Office closes Monday as its members temporarily relocate to trailers located in the housing office parking lot. The office opens for service in the trailers Tuesday.

See Briefs, Page 2

Read Across America

Elementary school students celebrate children's author's birthday by getting in character.

Read "BES Students Take Reading Dr. Seuss Books Seriously," on Page 4



Eifel Times

Vol. 37, Issue 10

Spangdahlem Air Base, Germany

March 14, 2003



Staff Sgt. John Barton
Volunteer Income Tax Shelter helper Ms. Darla Kelly reviews Airman 1st Class Kavita Partap's tax forms. With Ms. Kelly's assistance, the 52nd Logistics Readiness Squadron member can rest easy, knowing her tax forms are properly filed.

Base volunteers step up, fill deployed members' shoes

Spouses, airmen sharpen own skills while providing needed support

By Airman 1st Class Amaani F. Lyle
52nd Fighter Wing Public Affairs Office

Though recent deployments have left some offices and organizations in need of support, base people have risen to the challenge and lent a helping hand by volunteering.

"We had more than 7,000 hours logged in January alone," said L. Kelly Childs, volunteer resource program manager at the family support center. "This is great, because even after the holiday season, it shows we take pride in our community and we're giving back to the wing."

Ms. Childs, who oversees the recruitment, training and placement of applicants, said volunteering is surprisingly fun and easy and offers myriad opportunities through various organizations. She added the versatility of certain positions even allows people to help from home.

"One of the jobs available is coupon sorting, which helps people save money on groceries at the commissary," she said. "We also have people sending mail-outs for the Red Cross."

Many people; however, see a desire to get out of the house, interact with others and learn new skills as the main virtues of volunteering. Ms. Childs said one advantage to helping is the flexibility of both hours and activities. Some people may work as little as one hour per week, while others volunteer up to 40-hours weekly. It all depends on the desire of the volunteer, the type of job selected and the needs of the organization.

"You can be much more selective about what you're doing and customize that to meet your professional goals," she said. Ms. Childs also noted that an uncertain overseas job market can leave civilians hanging in the balance and volunteering helps them weather this by keeping their skills sharp.

The base tax shelter program seems to be one of the more successful programs. Dozens of volunteers are currently offering hours of their time making sure wing members get their taxes prepared properly and efficiently, with priority given to those in line for deployment.

"Many tax preparers have been deployed, and others have stepped in to help," said the volunteer program manager. "Aside from one paid position, all others there who prepare your taxes and submit them to the Internal Revenue Service are volunteer employees."



Airman 1st Class Karolina Gmyrek
Ms. Janell B. Baquering, a volunteer at the Bitburg Annex family support center, sorts new donations for the Airman's Attic during the winter. The center seeks volunteers to help at the Airman's Attic and in other areas.

One such volunteer said he looks forward to the elation his clients enjoy when they get an unexpectedly large return.

"It's a really good feeling to help people and spend my time doing something out of the routine," said Airman 1st Class Clinton Barnes, 52nd Component Maintenance Squadron aerospace propulsion journeyman. "Everyone should volunteer because there's always something new to learn and someone that needs help."

See Volunteering, Page 2

Wing prepares for environmental assessment

ECAMP manager shares tips on how to ensure a clean sweep

By Kerry A. Williston

52nd Civil Engineer Squadron Environmental Compliance Assessment and Management Program manager

Spangdahlem's external Environmental Compliance Assessment and Management Program (ECAMP) assessment takes place March 24-28. The major command assessment is a critical "no holds barred" look at the base's environmental programs. The command conducts the assessment every three years.

Inspectors will address installation environmental programs on the basis of compliance with the environmental Final Governing Standards (FGS), Department of Defense, Air Force and U.S. Air Forces in Europe regulations. The approach is hands-on and very detailed, involving inspections of installation and major operating geographically-separated unit facilities, discussions and records reviews.

Assessment team members recognize good practices in addition to areas of non-compliance. Most shops that do well in ECAMP assessments are those that are enthusiastic, take pride in their work and are aware of their responsibilities.

FGS compliance has implications for health and environmental impacts as well as force protection and host-nation relations. Therefore, the wing strives to maximize environmental security through an aggressive environmental assessment program.

To ensure all sections are ready for the ECAMP, managers should ensure their section:

- Has hazardous waste storage areas or satellite accumulation points. Know where they're located, that they're properly

labeled and that members are trained in hazardous waste management.

- Participates in the rag recycling program and that containers are properly labeled.

- Turns in hazardous wastes, such as fuel or oil filters, aerosol cans, fluorescent light bulbs and batteries.

- Properly disposes of left over parts in rinse solution.

- Keeps oil and water separator holding tanks empty.

- Maintains operational logs on the amount of paint used and filter changes.

- Has working spill alarms and containment systems in place on above ground or underground storage tanks.

- Has material safety data sheets available for all hazardous materials used in the shop.

- Participates in the installation's recycling program.

Workplaces addressing these issues before the last week of March will find the assessment a good opportunity to highlight the installation's environmental stewardship practices.

Members involved with environmental programs are encouraged to attend ECAMP briefings taking place March 24 at 9 a.m. and March 28 at 2 p.m.

For more information, call the 52nd CES Environmental Flight at 452-7257 or 452-5125.



Master Sgt. Keith Reed

Tech. Sgt. Anthony Robinson secures an anchoring strap as, (left to right) Airman 1st Class Shaun Cranfield, Senior Airman Stephen Santana and Master Sgt. Robert Giancarlo, 606th Air Control Squadron, secure a roof-mounted antenna in Prague, Czech Republic, for the 2002 NATO summit. All four members wore hard hats and gloves to protect their heads and hands during construction. As part of the wing's upcoming environmental assessment, inspectors will check to ensure unit members have appropriate protective equipment available, according to Kerry Williston, base environmental compliance assessment program manager.



Courtesy photo

Wanna be an MTI?

Air Force officials seek people interested in becoming military training instructors. Senior airmen who commit to a second enlistment through technical sergeants with less than 17 years total active-duty service are eligible to apply. A detailed briefing takes place Thursday at 9 a.m. in building 130, room 302. Applications are reviewed on site. Spouses are encouraged to attend. MTI benefits include \$350 per month in special duty assignment pay, additional annual clothing allowance, an MTI ribbon and a stabilized three-year tour. Call Master Sgt. Daniel Beasley, 52nd Fighter Wing career assistance advisor, at 452-7829 for more information.

Briefs

Continued from Page 1

Customers may park their vehicles in the building 404-406 parking areas.

Motorcycle safety

A mass motorcycle safety briefing takes place March 28 at 10 a.m. in the Spangdahlem AB theater. Attendance is mandatory for all 52nd Fighter Wing motorcycle riders. Call Mr. Helmut Rass at 452-7233 for details.

Family subsistence

Gross monthly income eligibility standards recently released by the U.S. Department of Agriculture may mean more military families qualify for additional money under the Defense Department Family Subsistence Supplemental Allowance that began in May. Some people may see an increase because USDA figures directly affect the allowance, but the maximum amount remains capped at \$500. People need to re-certify, using the new income eligibility standards. For more information, visit the Air Force Personnel Center Web site at www.dp.hq.af.mil. People may fill out automated applications on the Defense Manpower Data Center Web site at www.dmdc.osd.mil/fssa.

Officer specialty bonuses

Scientists, developmental engineers, acquisition program managers, civil engineers, and communications and information officers with four to 13 years commissioned service who are willing to commit to serving up to four more may qualify for a critical skills retention bonus (CSRB) of \$10,000 per year.

Officers who become eligible for the CSRB before Sept. 30 have until Aug. 31 to take advantage of the bonus. Applications are available on the Assignment Management System. For more information, call the Air Force Contact Center at DSN 312-665-5000.

AFN Europe

The American Forces Network Web site offers 24-hour access to U.S. European Command news. Information includes exchange rates, weather updates and local surveys. Visit the site at www.afneurope.net.

Special duty

Air Force officials seek senior master sergeants interested in cross-training into the nuclear weapons maintenance career field. Call Senior Master Sgt. Anthony Deubach, career field manager, at DSN 225-0809 for more information.

Volunteering

Continued from Page 1

Ms. Childs said she believes volunteering is a win-win situation, since the tax shelter is a strong example of the valuable and marketable experience workers can obtain.

"The tax shelter provided a program in which the IRS visited the base in January and offered four full days of tax preparation training for the volunteers," she said.

While many people consider the skills gained and the pride in helping others is incentive enough, Ms. Childs notes there are other lesser-known benefits that are part and parcel of volunteering such as participation in the annual ceremony, lunch-

eons, quarterly awards, certificates and even day-to-day perks. "We offer free child daycare to volunteers while they provide help and 'front-row' parking at certain locations on base such as the libraries and commissaries," she said.

For those in supervisory positions who find themselves under-manned, the program manager reminds agencies that they can ask for help.

There are many positions available. People may choose to tutor students, coach in base schools, or people with biology degrees can lend a hand at a base bioenvironmental agency.

"Doing something you enjoy while helping others gives you

a more positive outlook on life and is the best gift you can give to yourself and the community," she said.

The volunteer resource program list shows the wing's need for volunteer librarians, Mothers of Preschoolers program childcare providers, Airmen's attic assistants, post office clerks, American Red Cross assistants, Pet Spa assistants, youth sports activities coaches, medical assistants, bio-environmental assistants and student mentors.

For more information on the volunteer resource program, supervisory training or career portfolio assistance, call the family support center at 452-9491.

Eifel Salutes

52nd Operations Group

Master Sgt. David Berry is a first sergeant who puts people first. By helping with a member's humanitarian package, he provided commendable follow-up in a difficult situation. And the winner is ... **Tech. Sgt. Renea Crawford**, who was selected as U.S. Air Forces in Europe Aircrew Life Support NCO of the Year for 2002. They may make for impractical pets, but the **Griffins**, the **Hawks**, the **Panthers** and the **Stingers** make up USAFE ALS Section of the Year 2002. It's a jungle out there ... **Senior Airmen Jennifer Fies** and **Lillian Barnes** and **Airman 1st Class Heather Benoit** go above and beyond with all they do, clearly deserving of an "A" rating for their performance reports and decorations section.

52nd Mission Support Group

Ms. Jennifer Provost bowled everyone over, and "spared" no amount of service or professionalism while conducting a party at the bowling center. **Staff Sgt. Kellie Wilson** spearheading a new virtual outprocessing initiative, making her a real, live asset in the military personnel flight. In virtually no time, she ensured processing of 48 curtailments to keep Team Eifel ready. **Senior Airman Todd Campsey** may be affectionately renamed "teacher's petrol" for his delivery of over 128,000 gallons of aviation fuel in February. Topping the list of 20 airmen, he's quite a gas in our book! **Tech. Sgt. Cornel Reynaud** and **Senior Airman Sean Stallworth** are "pushing the envelope" as Spangdahlem Air Base Post Office top performers in February. Hats off to you!

52nd Medical Group

Mr. Jonathan Bradley and the systems office helped make the right connections in

setting up the audio, visual and local area network connections in the conference room. The Butler did it! A pat on the back to **Staff Sgt. David Butler** for working on short notice aerospace expeditionary force association tasking! **Master Sgt. Dave Wedyke** and **Tech. Sgts. Oscar Butler** and **Sherry Henderson** made medical assets ready to go! ... Oh, baby! The family care center nurses and the obstetrics providers kept Team Eifel ready and made the med group shine during their recent assessment. How on earth could we forget **Tech. Sgt. Joel Zoucha**? His outstanding leadership and mentoring of 10 enlisted troops as the NCO in charge of the bioenvironmental engineering flight was out of this world. "Just the tax, ma'am." **Staff Sgt. Tonjia Drawbond** dedicated long hours as tax advisor for the Volunteer Income Tax Assistance program.

52nd Maintenance Group

Hats off to the "pod squad," **Tech. Sgt. Edward Lewis** and **Staff Sgt. Neil Alles**, 419 Fighter Wing, Hill Air Force Base, who maintained the ALQ-131 pods for the 52nd Component Maintenance Squadron Electronic Warfare Section and helped get the 3-levels up to speed. Okay, Bo may know football, but **Tech. Sgt. Kerry Lawson** knows pretty much everything else, according to the EWS. **Senior Airman Luke Howe** also had the "know-how" and professionalism to deftly set up a classified e-mail box for the EWS. Safe to say **Staff Sgt. Michael Rodriguez** is quite advanced in his 52nd CMS Avionics Intermediate Section repair, trouble-shooting and problem solving skills. He did one "tech" of a job repairing the base's only AIS test station to fully mission-capable status.

Kudos to all, Team Eifel salutes you!

(Compiled by Airman 1st Class Amaani F. Lyle, 52nd Fighter Wing Public Affairs Office)



Members of the 52nd Fighter Wing Staff Judge Advocate Office make up this week's Top Saber Team.

Top Saber Team

Unit name: 52nd Fighter Wing Staff Judge Advocate Office

Unit responsibilities: Staff members provide advice and assistance to commanders regarding all facets of military law and assist the wing commander in maintaining and promoting discipline throughout the wing. They also provide legal assistance to authorized base members, including last minute legal assistance on deployment processing lines, as well as offering advice on a broad range of deployment related issues. All of this is accomplished in addition to their roles in handling military justice actions, claims and other legal matters.

Number of members: 21

How does the team fit into the 52nd Fighter Wing's mission? The office's contributions are vital making sure the wing commander and Team Eifel members are ready to deploy with the peace of mind that their legal affairs are in order.

Team's other contributions through the year? Since Aug. 1, 2002, the office has prepared hundreds of wills and well over 2,500 powers of attorney, often working after hours and weekends to ensure wing members have these important documents in order before leaving on short-notice deployments. Attorneys and paralegals have also made efforts to bring the legal office to the squadrons to provide wills and powers of attorney to deploying members. Additionally, the tax center has opened its doors and is providing tremendous assistance to the base population. The center has saved the Spangdahlem Air Base community more than \$200,000 in tax preparation fees and processed more than 1,300 federal returns.



Staff Sgt. Melinda G. Smith, 52nd Fighter Wing Staff Judge Advocate Office, is this week's Top Saber Performer.

Top Saber Performer

Name: Staff Sgt. Melinda G. Smith

Unit: 52nd Fighter Wing Staff Judge Advocate Office

Duty title: Civil law NCO in charge

Hometown: Selma, Ala.

Years in Service: 13

Nominee's contributions to 52nd Fighter Wing mission success: Staff Sgt. Smith is instrumental in efficiently processing hundreds of legal assistance customers annually, said her supervisor Master Sgt. James Martinez. She volunteers to work on weekends, assists with deployment lines and often stays after hours making sure deploying members have their legal affairs in order before leaving. In doing so, she has processed more than 600 legal documents and witnessed countless wills to help ease the minds of deploying members.

Off-duty volunteerism and professional development pursuits: I'm pursuing a degree in human resource management, said Staff Sgt. Smith.

What do you do for fun? I enjoy reading and traveling.

What do you like most about being stationed here? It's nice being able to travel to another country and return home within the same day.

What's one thing you'd like to see changed or improved at Spangdahlem Air Base? The pace; everything here moves so fast.

Airmen 'coined' for job well done

Eighteen Team Eifel members were recognized during this past quarter for going above and beyond in the line of duty.

First sergeants of the 52nd Fighter Wing recently re-energized the Well Done Coin program. These coins are awarded to any deserving wing member for outstanding support, service, professional appearance or any other attribute demonstrating Air Force pride, professionalism or dedication.

Those "coined" include:

52nd Aircraft Maintenance Squadron

Master Sgt. John Lincoln, **Staff Sgt. Venessa Colon** and **Airman 1st Class Verna Trigo**

52nd Civil Engineer Squadron

Airman 1st Class Mike Brick

52nd Communications Squadron

Capt. Larry Hutson, **Staff Sgt. Rease**

Wold, and **Senior Airmen Luke Howe** and **Edward Stasney**

52nd Component Maintenance Squadron

Tech. Sgt. Derrick East

52nd Logistics Readiness Squadron

Staff Sgt. Lanny Hicks

52nd Maintenance Operations Squadron

Staff Sgt. Stephen Voss and **Senior Airman Jeremy Johnson**

52nd Mission Support Squadron

Senior Airman Rianna Beal

52nd Munitions Support Squadron

Tech. Sgts. William Crawford, **Joseph Dohmann** and **Corey Walters**, and **Staff Sgt. Steven Tijerina**

52nd Services Squadron

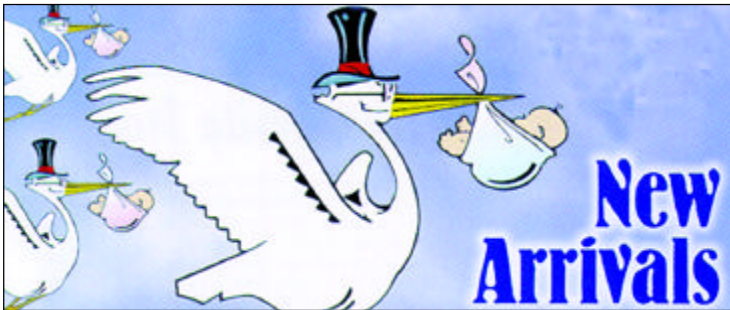
Airman 1st Class Michelle Messer

52nd Fighter Wing Annual Volunteer Recognition Ceremony April 24

Categories are expanded to recognize as many different volunteers as possible.

Deadline for nomination package submission is March 28.





BES students take reading Dr. Seuss books seriously

By Katie Carr
Bitburg High School correspondent

For the past six years, the National Education Association has sponsored "Read Across America," a program whose goal is to promote the importance of reading to children. Since 1998, U.S. schools have celebrated Read Across America on March 2, the birthday of the famous children's author, Theodor Seuss Geisel, who is better known as Dr. Seuss.

The correlation; however, isn't just a coincidence. Dr. Seuss made a tremendous impact with his stories on people of all ages, becoming a reading legacy. That's why Bitburg Elementary School celebrates the significance of reading, every year on this distinguished author's birthday. This year, Dr. Seuss would have been 99-years-old.

March 4 marked the date students and faculty members of BES recognized Read Across America. Students participated in a variety of activities ranging from preparing a meal of Dr. Seuss' famous green eggs and ham, to all-day reading in the classrooms, while dressed as the popular character, The Cat in The Hat. Community volunteers also pitched in and read to students to reinforce the importance of reading.

To ensure the event's success, Bitburg High School and BES information specialists, Mrs. Brenda Painter and Mrs. Betty Carr worked together for the past couple of years soliciting high school student volunteers to read stories to children in grades one through four.

"It was just so cool to see the children enjoy a book



Katie Carr

Bitburg Elementary School students Christopher Meyer (left) and Jamal Vincent from Mrs. Sara Guth's first grade class, celebrate "Read Across America" by reading Dr. Seuss books with the storybook character, The Cat in the Hat.

so much. It was gratifying to read to them," said Sharika Allen, a BHS senior. She was one of a dozen high schoolers who participated in this year's event.

The program was mutually beneficial. Teachers conveyed the virtues of reading through student interaction with the younger children.

Needless to say, the Read Across America celebration was once again a big success in the Bitburg Annex community. Thanks to Dr. Seuss and many local volunteers, the importance of reading is recognized and reinforced.

Tired of sifting through junk e-mail on commercial services? GI Mail provides alternate link

By Cynthia Bauer
Air Mobility Command Public Affairs Office

SCOTT AIR FORCE BASE, ILL. — With airmen deployed away from home, the opportunity to communicate with loved ones takes on greater importance.

"To provide a link back home, Air Force Crossroads, the Air Force's official community Web site, offers a secure and reliable e-mail program through Global Internet Mail to help families keep in touch," said Capt. Greg Whitaker of the Air Mobility Command Network Operations and Security Center here.

"Although there are other nonprofit and commercial e-mail and Internet services available, military members need to understand GI Mail is spon-

sored and maintained by the Air Force. We can't verify the operational capability or security of other such services," he said.

Registration for GI Mail is free for those eligible through the Air Force Crossroads Web site. Airmen can log in to the Web-based system from any computer with Internet access. Eligible users include active duty, Reserve, National Guard, retired or civil service employees and their authorized family members.

Whitaker said there are three great reasons to use GI Mail: security, bandwidth and availability.

"GI Mail is a Department of Defense system, employing the same great security you've grown accustomed to in AMC," he said.

Concerning bandwidth, there is no advertising or "spamming" from junk mail distributors on GI Mail, unlike commercial providers.

"Not only will the service remain speedy even in the most remote or forward locations, users will not spend time sifting through mountains of junk mail," Whitaker said. "And GI Mail is a DOD product provided for morale. Unlike civilian services, the system will get the attention and maintenance that our deployed personnel deserve."

Besides GI Mail, the Air Force Crossroads Web site also offers forums and online chat rooms.

Access the Air Force Crossroads Web site at www.afcrossroads.com.



Tech. Sgt. Joe Springfield

Sure stop

"Rescue 3" members unhook a 23rd Fighter Squadron F-16 CJ after certifying a barrier cable for the temporary runway. Pilots experiencing an in-flight emergency catch the barrier cable with a hook on the underside of the aircraft, stopping the aircraft from traveling down the runway. From March through August, Spangdahlem Air Base's primary runway is closed for Rhein-Main Transition Program construction. During this time, wing aircraft take off and land on the NATO parallel taxiway.

Community Mailbox



Mailbox ads

Deadline for community mailbox advertisements is 10 days before the desired publication date. Please send the basic information, including who, what, when, where and how (if it applies) to publicity@spangdahlem.af.mil. Call the Eifel Times office at 452-5244 for more information.

Deployed families

Deployed family day kicks off March 22 at 10 a.m. with morale calls at the Bitburg Annex family support center. Lunch follows at 11 a.m. The event also features games, face painting and information sharing. Call the family support center at 452-6894 for more information.

Bitburg festival

The 2nd Annual Bitburg Bierfest takes place each weekend now through April 5. The event opens Friday at 6 p.m. and, Saturday and Sunday at 10:30 a.m. Cost is 3 euro Friday and Saturday. Entry is free on Sunday. In addition to beer tasting, the event features Eifel foods and Bavarian music.

Helping hands meeting

Parents of children with special needs, such as autistic spectrum disorders, pervasive development disorders and Down's syndrome, meet Tuesday at 6:30 p.m. at the Spangdahlem AB youth programs center, building 427. Childcare and dinner is free. Contact Capt. Michelle Ambrose at 452-8238 or Ms. Myra Mills at 452-7545.

School news

Spangdahlem elementary

The drama club performs "A Tale of a Box of Crayons" Wednesday at 9:30 a.m. and 1:15 p.m., and Thursday at 6 p.m. at the school.

Bitburg middle

Coordinators seek activity night volunteers March 21 from 6-9 p.m. E-mail Ms. Bernadette Young at Bernadette_young@eu.odedodea.edu to register.

Case lot sale

The Bitburg Annex commissary St. Patrick's Day case lot sale takes place today from 10 a.m. to 7:30 p.m., Saturday from 9 a.m. to 6 p.m. and Sunday from 10 a.m. to 6 p.m.

Scholarships

The Spangdahlem Officers and Civilian Spouses Club offers three scholarships worth \$1,000 each to wing spouses. Pick up applications at the base education office, base library, family support centers and base clubs. Applications must be post-marked by March 21. Call the education office at 452-6063 or e-mail spang_ocsc_scholarship@yahoo.com for details.

Family support news

The following workshops take place in Spangdahlem AB building 307. Call 452-9491 for details.

■Preseparation consultation, Monday and March 24 from 9-10:30 a.m.



Staff Sgt. Jennifer Lindsey

Art appreciation

Alex Chatham, age 7, shows her mom, Alecia, her clown painting, featured in the 6th Annual Celebrate the Arts festival March 6. Tech. Sgt. David Allan, 52nd Security Forces Squadron flight chief, and his spouse Astrid, admire the artwork as well. The Spangdahlem Elementary School second grader's painting was one of hundreds of art mediums displayed at the event held in the base fitness center. The festival also featured band music, drama and choir performances by all five base schools.

- Predeployment briefing, Tuesday from 1-2 p.m.
 - German bills made easy, Wednesday from 8-9:30 a.m.
 - Key spouses meeting, Wednesday from noon to 1:30 p.m.
 - Sponsor training, Thursday from 3-4 p.m.
 - Singles cooking class, Thursday from 6-8 p.m.
- The following workshops take place in Bitburg Annex building 2001.
- Creative critters, Monday and March 24 from 10-11 a.m.
 - Mutual funds basics, Tuesday from 6-8 p.m.
 - Deployed movie night, every Tuesday from 6-8:30 p.m.
 - Cooking club whips up Southern food, Wednesday from 6-8 p.m.

Academic achievements

The Army, Air Force Exchange Service "You Made the Grade" program recognizes students in grades 6-12 for their academic achievements. Students with "B" averages or better can bring their report cards to the local base exchange to receive a coupon book with savings of \$50 on footwear, fragrances and fast food. Entry forms for U.S. Savings Bond drawings are included in the coupon package.

Babysitter training

The American Red Cross babysitter training course takes place March 25 and March 27 from 4-8 p.m. in Bitburg Annex building 2001. Cost of \$25 includes books and a babysitting bag. Call 452-9440 for more information.

Le Leche League

A meeting for mothers who are breastfeeding takes place

Wednesday at 6:30 p.m. in the Bitburg Annex hospital conference room. Children are welcome to attend. Call Margaret Loffelman at 06565-7555 for more information.

Chapel news

The following events take place at the Spangdahlem AB Chapel unless otherwise noted. Call 452-6711 for more information.

■Catholic Women of the Chapel meets March 26 from 6-9 p.m.

■Protestant Lenten suppers and devotionals take place each Wednesday through April 16 at 6:00 p.m.

■A Jewish Purim celebration takes place March 16 at 2 p.m. in building 139.

■Catholic Stations of the Cross takes place each Friday starting today through April 11 at 5:30 p.m. in the Bitburg Chapel.

Airman's Attic

Grab-bag day at the Airman's Attic takes place March 27 from 9 a.m. to 3 p.m. in the Spangdahlem AB family support center. Bag contents aren't counted against monthly limits. The center also serves free hot dogs at 11:30 a.m. Additionally, E-4s and below qualify for a kitchen wares raffle. Call Ms. Jane Allen at 452-9491 for more information.

Staying fit

March is National Nutrition Month and the base health and wellness center is spreading the word about nutrition. The HAWC offers the following classes in Spangdahlem AB building 130, unless otherwise noted. Call 452-9355 for details.

■Nutrition information in the Spangdahlem AB commissary, focusing on healthy shopping, Monday from noon to 4 p.m.

■Healthy gourmet cooking demonstration, Wednesday from 11 a.m. to 1 p.m.

Education center news

The base education office is located in building 192. Call the office at 452-6063 for more information.

■People interested in taking a University of Maryland University College intermediate German class, beginning March 31, can call 452-6637 or e-mail klichten@ed.umuc.edu for more information.

■Embry-Riddle offers a three-weekend safety management class, beginning April 12. A three-weekend class in airframe structures and applications also begins April 12.

Alcoholics Anonymous

Meetings takes place each Tuesday, Friday and Sunday at 7:30 p.m. in Bitburg Annex building 2015.

EDIS news

Infant and toddler developmental screenings take place each first, third and fifth Monday monthly from 9-11 a.m. in the EDIS clinic. The clinic is in Spangdahlem AB building 161. EDIS also offers screenings each second and fourth Monday in the Bitburg Annex Chapel. Call 452-8238 for details.

Concert

Thomas Schwab and Band performs classic soul and pop tunes Sunday in Trier Europahalle. Call the ticket hotline at 06531-94407 for details.

Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The *Eifel Times* staff reserves the right to edit ads.

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Col. Stephen Mueller

Accessing Direct Line

The Direct Line program is a
way to get answers to questions
you still have after using your
chain of command.

Direct Lines of general
interest will be published in the
Eifel Times and may be edited or
paraphrased for brevity or clarity.
Submit your Direct Line via:

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af.mil

■Mailed to 52nd FW/PA,
Unit 3680 Box 220, APO AE
09126

■To PA in building 23.

■Concerns may also be sent
via fax to 452-5254.

Anonymous inputs are
accepted. To receive a personal
response you must include your
name and phone number. Call the
Eifel Times at 452-5244 for more
information.

Sortie
Scoreboard

Unit	Goal	Flown
22FS	48	71
23FS	77	63
81FS	96	62

Sorties flown
March 3-9

(Courtesy of the 52nd Maintenance
Squadron Plans and Scheduling Section)

Viewpoint

March 14, 2003

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Life's lessons

Don't let your battery run too low

Sluggish performance may mean it's high time for vehicle maintenance

By Lt. Col. Steven Fuzzell

52nd Fighter Wing Inspector General Office

I drive a '91 BMW 700-series, a family beater we bought used in October 2002, shortly after our arrival at Spangdahlem Air Base. It's been a great car, a smooth ride and a good value for a "Euro-spec" car. I've topped off fluids myself, replaced the tires and had it tuned by a local garage specializing in BMWs.

In the past week or two, I noticed the battery starting power wasn't as "crisp" as I recalled upon buying the car. I realized I would probably have to replace the battery soon, since it wasn't likely new. However, with winter weather starting to subside, I thought I could nurse another season from it.

Recently when I picked up my wife for lunch, the car wouldn't start. I had only been sitting for three minutes, listening to AFN news, no time to run down the battery. After a "Damn!" (or two), our first sergeant offered to jump start our car using his car and jumper cables.

We accessed the battery underneath the rear bench seat. I noted his precautionary note, "Don't lean over the car battery when you connect the cables," he said, which is always good advice.

The BMW started instantly, a good sign to me, as it indicated that it was likely the battery as opposed to other electrical problems. I left the loose rear bench seat over top of the battery compartment.

The story gets better.

I immediately drove the car to the base garage to have a new battery installed. Upon selecting the proper battery, the sales associate asked me to move the car in front of one of the vehicle bays.

"When I turned the ignition key, there was an immediate loud explosion, smoke — I thought I'd been shot, as the sound was deafening, the concussion absorbed by my body. I bailed from the car ..."

When I turned the ignition key, there was an immediate loud explosion, smoke — I thought I'd been shot, as the sound was deafening, the concussion absorbed by my body. I bailed from the car, realizing almost simultaneously that the battery had exploded.

Under the loose seat, I saw the former battery, fragments of what used to be, and thankfully, no mess other than the fragments of hard plastic battery casing. There was no tell-tale sign of liquid. The battery was completely dry.

This event taught me several lessons.

Deployment issues

Wing families singin' the mo' bag blues

By Sharon K. Gilmore

52nd Medical Operations Squadron

It doesn't matter how many times I've said good-bye before, these four little words still make my heart sink, "Honey, I'm being deployed." Upon hearing these words, we go into "mobility mode" and begin the family ramp-up for change.

Mobility bags magically appear in the front hallway. Friends stop by for last-minute good-byes and family time becomes more precious. The daily tasks of preparing for the deployment can prevent you from working through the emotional challenges that lay ahead. There are four basic stages of separation, and even after 17 years of deployments, I am surprised to find myself in the midst of each stage.

Getting ready for the inevitable

The first response is to protest against the deployment. It usually begins a week or so before the spouse leaves. There may be feelings of selfishness and guilt about not wanting the spouse to go; frustration and fear of handling the household alone; and even anger at your spouse, the job and those who get to stay here. Everyone is on edge and arguments may occur. This is a normal reaction. If the mechanical requirements,

such as a will, power of attorney, emergency data card and financial concerns are taken care of ahead of time, you will be free to spend time with your family.

Getting used to absence



ly reduced by eliminating excess stress in our life and learning how to use support systems and community resources.

The next stage is tearful. It may begin before our spouse leaves. We may worry about how we'll get through the months without him, safety and security in the home, and waken to every bump in the night. We lose our keys, forget why we left a room and even feel disoriented. These problems can be significant-

Getting more confident

The third stage, detachment, is where we spend most of the deployment period. Our household feels more or less in control, we are more confident in our ability to manage day-to-day tasks and a new routine begins to take hold. It's not unusual; however, for an emergency to throw us for a loop and we may slip into despair again. Now is the time to volunteer to help other families and reach out rather than in. Focusing on how we can help others redirects our energy from maintaining to creating. Re-starting an old hobby or learning a new one is a great way to reduce stress and use creative energy.

Getting ready for return

Before our spouse returns, we go into a "nesting syndrome" similar to before we gave birth. We frantically clean the house, get our hair done, lose that extra five pounds and buy a new nightgown. We begin to prepare to hand the reigns back over to our spouse and resume our prior roles. Discussing with your spouse the changes you experience while he's been gone decreases anxiety and unrealistic expectations of the reunion.

Knowing these stages of separation helps us understand our emotions and recognize them as a normal coping response to a life change.



Photos by Staff Sgt. Jennifer Lindsey

Above, members of the Frank and Van Pels families and Dr. Fritz Pfeffer celebrate their first Hanukkah in the secret annex. From left to right, the players are Mrs. Harmony Howell Martin as Margo Frank, Senior Master Sgt. Robert Benton as Hermann Van Pels, Mrs. Judi Harvin as Edith Frank, Mr. Landon Martin as Peter Van Pels, Mr. Tom Hepler as Dr. Fritz Pfeffer and Miss Maggie Harvin as Anne Frank. Right, Anne welcomes Peter and his cat, which is inside the basket, when they first enter the hiding place. Anne's sister, Margo, sits solemnly as she resigns to the family's fate of having to live in seclusion as marked Jews in Nazi-occupied Holland in 1942. The family stayed hidden for more than two years during World War II.



ACT-Eifel presents 'Diary of Anne Frank'

Acting troupe tells dark story of teen's World War II experience

By Brian Lindsey
52nd Fighter Wing Public Affairs Office volunteer

For nearly seven weeks, ACT-Eifel has been preparing for its next production for the Eifel military community. This weekend and next, Spangdahlem Air Base's acting troupe presents, "The Diary of Anne Frank." It is the sad, but true story of a young girl, her family and some friends who are forced to hide in two small rooms above a working warehouse in Amsterdam from 1942-1944.

The play opens with the family's arrival to the "secret annex" and continues with many of the problems they faced there, including constant fear, boredom, hunger and occasionally, terror. During the entire ordeal, 13-year-old Anne keeps a diary of her time in hiding, as a witness to history on a very personal level, and also, of the private thoughts of a young girl — just like any other youth, anywhere in the world.

In the end, all those in hiding died but the father. Anne's saved diary was given to the father who later had it published. "(Anne's diary) not only educated the world on the plight of the Jews, but also shared the insight of a young girl," said Ms. Rebecca Briley, the play's director.

"Diary of Anne Frank" is Ms. Briley's first time directing an ACT-Eifel play; however, the Bitburg High School drama club teacher has received accolades for directing such school plays as "The Crucible" and "You're a Good Man, Charlie Brown."

Ms. Briley isn't the only teacher on the set. Ms. Judi Harvin, who plays Anne Frank's mother, Edith, is a Spangdahlem Elementary School teacher -- and where there are teachers, research is involved.

"We wanted to make the play as authentic as we can, so the entire cast has read all the biographies on the characters they can find," said the director. The 11-member cast also took a trip to Amsterdam to tour the Anne Frank house. The goal was to make the play as historically accurate and educational as possible, said Ms. Briley.

The script used is by Ms. Wendy Kesselman, which is a more realistic piece than those featured in the 1950s, said Ms. Briley.

"Then I rewrote some parts, making them deeper and darker to reflect what these families were going through," she said. "I'm not as interested in simply entertaining the audience. I want to impact the mind and effect the senses."

The stage is a simple, understated affair in basic black, which lends itself well to the story because there is little gaiety in the lives of the shut-ins, explained Senior Master Sgt. Robert Benton, who plays Mr. Hermann Van Pels. The props are as authentic as possible, down to the Star of David the Jews of that era were forced to wear.

For Miss Maggie Harvin, Ms. Judi Harvin's daughter who plays the starring role of Anne Frank, authenticity is what makes the play so challenging.



Nazi soldiers, played by Bitburg High School students Ryan Davis (center) and Andrew Crawford, hold Miep Geis, played by Mrs. Dawn Bingman, at gun point and order her to move the bookcase to show the wall behind. Moving the bookcase reveals the secret annex and the families in hiding. The Franks, Van Pels and the doctor were captured and sent to their deaths at concentration camps. Only Anne's father, Hermann, survived.



While in hiding, Anne stays quietly busy by keeping a journal of her innermost thoughts. Anne's father saved the journal and later had it published.

"I'm impressed with how Anne wrote and shared her feelings with the world," said the BHS 10th grader. "In a lot of ways, I identify with her and what she was going through as a teen-ager. But, in some ways, the role is tough because Anne wasn't close with her mother and I'm very close to my mom. I really have to act to convince the audience I don't like my mother."

The show is ACT-Eifel's entry in the 2003 U.S. Army Europe Tournament of Plays. It runs today and Saturday and March 21-22 at 7 p.m. and March 16 at 3 p.m. Tickets cost \$8 for adults and \$4 for children under 12. An opening night reception takes place tonight. Call 452-7381 for details.

Movies

All movies play at 7 p.m. unless indicated. More synopsis information is available at www.aafes.com/ems/default.asp.

Bitburg Castle

Today

Biker Boyz (PG-13)

“Smoke,” an undefeated motorcycle racer, is the undisputed King of Cali; however, Smoke’s title is threatened by a young racing prodigy who is determined to win. (Gang violence, language and drug reference.)

Saturday

Empire (R)

A Puerto Rican drug-dealer works the violent South Bronx streets. With an eye for money and a head for business, he dreams of someday achieving the success of a legitimate businessman. (Violence, pervasive language, drug content and sexuality.)

Sunday

Biker Boyz

Closed Monday and Tuesday

Wednesday

Drumline (PG-13)

Devon, a street drummer from Harlem, enrolls in a Southern university, expecting to lead the marching band’s drumline to victory. He flounders in his new world, before realizing that it takes more than talent to reach the top. (Language.)

Thursday

Star Trek: Nemesis (PG-13)

The Romulan Empire is thrown into disarray when an exiled slave murders the planet’s senate. Now, the mad-man wants to use the Enterprise crew in his scheme to incite a revolution. (Violence, peril and sexual content.)

Spangdahlem Skyline

Today

The Recruit (PG-13)

A young CIA agent trainee suspects his instructor of being a double agent for the Chinese government. (Violence, sexuality and language.)

Two-Weeks Notice (PG-13, 10 p.m.)

George doesn’t make a move without Lucy, his chief counsel at Wade Corp. However, after years of calling the shots on everything from his clothes to divorce settlements, Lucy is calling it quits. Is it too late to say, “I love you?” (Sexual humor.)

Saturday

The Recruit

Lord of the Rings: The Two Towers (PG-13, 10 p.m.)

The second book of the Tolkien trilogy. Frodo, a hobbit, braves dangers to destroy an evil ring of power. (Violence.)

Sunday

The Wild Thornberrys (PG, 4 p.m.)

Sisters Eliza and Debbie don’t always get along, but their relationship is put to the test when Debbie’s life is in danger. To save her sister, Eliza might have to give up her power to talk to animals. (Peril.)

Two-Weeks Notice

Monday

The Recruit

Tuesday

Lord of the Rings: The Two Towers

Closed Wednesday and Thursday

*Times and movies are subject to change.
For the most current information,
call 452-9441.*



Jay Gardner

Black Knights wrestler Thomas Medford gives his all to pin his Stuttgart opponent during Saturday’s home tournament.

Black Knights take it to the mat

By Coach Ethan Lake

Black Knights youth wrestling team

The Eifel youth wrestling team, the Black Knights, held their first tournament of the season on Saturday. More than 100 young grapplers from Stuttgart, Darmstadt, Landstuhl, Heidelberg and Schweifurt converged here to show off their wrestling abilities.

The week began as any other, but little did any of the local youth know that by the end of the week, they would all be transformed into the “Black Knights” when their long awaited uniforms finally arrived. This was all the team members needed to go into the week’s tournament with the fire in their eyes.

The team prevailed with nine champions emerging at the top of their brackets. The victors include Zack Howard at age 5; Noah Butler, 5; Aaron Weeg, 11; Jordan Weeg, 9; Thomas

Medford, 11; Eric Whittington, 11; Scotty McQuiston, 13; Gary Vogt, 13; and Nick Brunal, 14. Coming in with strong second place finishes were Joshua Truini, Michael Sheehan, Chris Sullivan, Danny Blauser and Kyler Watson.

The Black Knights had a slow start on the season with only two practices before the first tournament and only eight wrestlers. Three weeks later, the team has grown to 28 athletes with more than two-thirds as first-year wrestlers.

The sport is quickly catching on with Eifel youth as word about the team spreads.

The band of warriors is ready to take to the road again as it charges to Landstuhl March 22. The Eifel community hosts the European Youth Wrestling Championships March 29 at the Skelton Memorial Fitness Center to finish off a successful season.

Fight fire with fiber, says HAWC nutritionist

By Staff Sgt. Jason Herman

52nd Aerospace Medicine Squadron
Health and Wellness Center

Dietary fiber has universally been associated with a means to relieve constipation. However, through research, many other important health benefits associated with fiber have evolved. Before explaining these exciting new findings, it’s important to know exactly what fiber is.

Dietary fiber is a collective term for substances found mainly in plant cell walls that aren’t digested by humans. Some fibers can be changed or fermented by naturally occurring bacteria in the colon, which produces hydrogen, carbon dioxide, methane, water and short-chain fatty acids. The colon actually uses these fatty acids as a source of energy.

The two major types of dietary fiber are soluble or insoluble fiber. Structural fibers (cellulose, lignins and some hemicelluloses) are insoluble fibers. Gel-forming fibers, which include pectins, gums, mucilages, and some hemicelluloses, are water-soluble.

Insoluble fibers affect stool transit time and laxation. Water-soluble fibers lower blood cholesterol and delay absorption and transit through the stomach and small intestine. Soluble fiber is



found in oats, peas, beans and some fruits. Insoluble fiber is found primarily in wheat, potatoes, some fruits and vegetables. Nearly all fiber-containing foods have more insoluble than soluble dietary fiber. Insoluble plus soluble fiber equals total dietary fiber.

The American Diabetes Association and other health group recommends 20-35 grams of fiber. Recently; however, studies suggest a total fiber intake of 35-39 grams per day proves more beneficial. As most Americans consume only about 11 grams daily, maybe the following facts will motivate wing members to consume more fiber.

Epidemiological studies conclude that

eating more fruit and vegetables and whole grains can protect against cancer, heart disease and other chronic diseases. This is because an excess of harmful substances, such as free radicals, carcinogens and cholesterol can result in disease. Without a corresponding increase in protective substances such as fiber, antioxidants or phytochemicals, the harmful substances can begin harming cells -- leading to cancer, heart disease or other chronic disease states. Luckily, the very same foods that have high amounts of antioxidants and phytochemicals, such as fruits and vegetables and whole grains, are also foods high in fiber.

One of the most thrilling areas of research is in dietary fiber and diabetes and heart disease treatment and prevention. Research has shown that soluble fiber from oats can improve blood sugar readings after meals — even up to 50 percent.

Additionally, including oats in the diet has a significant effect on total blood cholesterol. To reap such results, it’s recommended people add 1.5 cups of cooked oatmeal to their daily diet. Combining this practice with a nutritionally sound diet can ensure people reach the 10-25 grams of soluble fiber per day goal and fend off disease with fiber.



Sports Shorts



Ice hockey

The Spangdahlem Air Base ice hockey club plays against Mainz in a home game March 15 at 11 a.m. in the Bitburg Eissporthalle. Also, the club seeks more players. Call Master Sgt. Jeff Barr at 452-6787 for more information.

Revised spinning schedule

Spinning classes take place in the Spangdahlem AB fitness center. Hours are Monday and Friday at 6 a.m., 11:30 a.m. and 5:30 p.m.; Tuesday at 9 and 11:30 a.m.; Wednesday at 5:30 a.m. and 5:30 p.m., Thursday at 9 and 11:30 a.m., and Friday at 6 and 11:30 a.m. Call the center at 452-6634 to register.

Softball

Spangdahlem AB intramural softball tryouts take place March 22. Men tryout from 9 a.m. to noon and women tryout from 1-4 p.m. Deadline for letters of intent is April 1. Call 452-6634 for more information. Also, intramural sports program managers seek volunteer officials for the spring sports season. Call Mr. Bruce Cannady at 452-6496 for details.

Field closure

The softball fields located behind the Spangdahlem AB chapel are temporarily closed to reseed for the upcoming softball season.